

Lovettsville Pool- Swimming Lessons

***REGISTRATION BEGINS 12:01A MARCH 20TH ON WEBTRAC OR IN PERSON AT 7:00A**
AMERICAN RED CROSS PARENT & CHILD AQUATICS
PRESCHOOL AGE LESSONS

Classes developed for ages 6 mos - 5 years build swimming readiness by emphasizing fun in the water with guided practice sessions. Preschool lessons follow a progression such as water entry, bubble blowing, front kicking, back floating, underwater exploration, and more. Refer to chart for placement.

| Class Name | Age | Entry Requirements | Class Objective |
|----------------------|-----------|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Parent/Child Level 2 | 24-48 mos | Parent in water | Water adjustment and safety skills. |
| Preschool Level 1 | 3-5 yrs | Leave parent willingly; Can follow directions | Water adjustment, skill readiness, safety |
| Preschool Level 2 | 3-5 yrs | Face underwater 5 sec. Blow bubbles Front kicking with support | Development of basic swim skills with child learning to become less dependent on the instructor. |
| Preschool Level 3 | 3-5 yrs | Submerge totally-5 times Front float/glide unassisted | Refinement of basic skills with emphasis on no instructor assistance. |

PARENTCHILD AQUATICS-JUST ADDED!

(Ages 6-48 mos.) Teaches the parent fun techniques to introduce water orientations, skills and safety for their toddler. Swim diaper required if not potty trained. One child per parent. PARENTS MUST GET IN THE WATER WITH CHILDREN.

428100-01 \$56.00

Tu,Th 6/12-7/10 7:00P- 7:30P *No class on July 3rd

PRESCHOOL LEVEL 1-ALL SECTIONS CURRENTLY FULL, WAITLIST ONLY

Parents do not enter the water with the swimmer. SWIM DIAPER REQUIRED IF NOT POTTY TRAINED.

M,Tu,W,Th \$56.00

428101-01 6/11-6/21 10:15A-10:45A **428101-02** 6/11-6/21 9:30A-10:00A

428101-03 6/25-7/6* 10:15A-10:45A *No class 7/4

PRESCHOOL LEVEL 2

M,Tu,W,Th \$56.00

428102-01 6/11-6/21-FULL 8:45A-9:15A **428102-04** 6/25-7/6* 8:00A-8:30A

428102-05 6/25/7/6*-FULL 8:45A-9:15A **428102-07** 7/9-7/19 9:30A-10:00A

428102-08 7/9-7/19-FULL 10:15A-10:45A **428102-09** 7/23-8/2 9:30A-10:00A

428102-10 7/23-8/2 10:15A-10:45A

*No class 7/4

PRESCHOOL LEVEL 3

M,Tu,W,Th \$56.00

428103-01 6/11-6/21 8:00A-8:30A **428103-06** 6/25-7/6*-FULL 9:30A-10:00A

428103-02 7/9-7/19 8:00A-8:30A **428103-03** 7/9-7/19 8:45A-9:15A

428103-04 7/23-8/2 8:00A- 8:30A **428103-05** 7/23-8/2 8:45A- 9:15A

*No class 7/4

AMERICAN RED CROSS ELEMENTARY AGE LESSONS

| Class Name | Age | Entry Requirement | Class Objective |
|------------|----------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Level 1 | 6-12 yrs | Function in group setting; Leave parent willingly | Water safety and basic swim skills with assistance. |
| Level 2 | 6-12 yrs | Be able to complete class objectives of Learn-to-Swim Level 1 | Development of basic swim skills with child learning to become less dependent on the instructor. |
| Level 3 | 6-12 yrs | Be able to complete class objectives of Learn-to-Swim Level 2 | Refinement of basic skills with emphasis on no instructor assistance. |
| Level 4 | 6-12 yrs | Be able to complete class objectives of Learn-to-Swim Level 3 | Perform feet-first entry Front & elem back crawl-25 yds Breastroke, back crawl-15 yds |
| Level 5 | 6-12 yrs | Be able to complete class objectives of Learn-to-Swim Level 4 | Perform shallow angle dive Front & elem Back crawl-50 yds Breastroke, back crawl-25 yds |

LEVEL 1

M,Tu,W,Th

\$56.00

428201-01

6/11-6/21

9:30A-10:00A

428201-02

6/11-6/21

10:15A-10:45A

428201-03

6/25-7/6*

10:15A-10:45

*No class 7/4

LEVEL 2

M,Tu,W,Th

\$56.00

428202-01

6/11-6/21

8:45A- 9:15A

428202-02

6/25-7/6*

8:45A- 9:15A

428202-03

6/25-7/6*

9:30A-10:00A

428202-04

7/9-7/19

10:15A-10:45A

*No class 7/4

LEVEL 3

M,Tu,W,Th

\$56.00

428203-01

6/11-6/21

8:00A- 8:30A

428203-02

6/25-7/6*

8:00A- 8:30A

428203-03

7/9-7/19

8:45A- 9:15A

428203-04

7/9-7/19

9:30A-10:00A

428203-05

7/23-8/2

9:30A-10:00A

428203-06

7/23-8/2

10:15A-10:45A

*No class 7/4

LEVEL 4

M,Tu,W,Th

\$56.00

428204-01 7/9-7/19

8:00A- 8:30A

428204-03

7/23-8/2

8:45A- 9:15P

LEVEL 5

M,Tu,W,Th

\$56.00

428205-01 7/23-8/2

8:00A- 8:30A